



# ZUCCHINI BOATS

4-6 SERVINGS

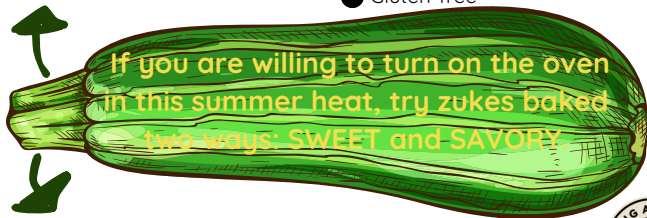
## INGREDIENTS

- 2-4 zucchini
- 2 tsp olive oil
- 1 cup mozzarella cheese, shredded
- 2 Tbsp Parmesan cheese, grated
- 1 lb ground beef or sausage
- 1 onion, diced
- 1 garlic clove, minced
- 1 red bell pepper, diced
- 1 ½ cups pasta or marinara sauce
- 2 Tsp Italian seasoning (equal amounts of the dried basil, oregano, rosemary, thyme, and marjoram)

## DIRECTIONS

1. Preheat oven to 400°F.
  2. **Make the sauce:** Cook ground beef, onion, and garlic in a large skillet until no pink remains. Drain any fat. Stir in the bell pepper and the scooped out zucchini middles from step 3 and cook an additional 5 minutes or until all water from the zucchini has released and evaporated. Stir in 1 cup of the pasta sauce (reserving ½ cup), Italian seasoning, and salt & pepper to taste. Simmer for 10 minutes until thickened.
  3. **Prepare the boats:** Slice zucchini lengthwise and use a teaspoon to scrape out the center to create a ½-inch thick shell. Place the zucchini in a large, lightly oiled baking dish. Brush zucchini with olive oil and season the zucchini with salt & pepper to taste. Fill each zucchini with the sauce. Top with the remaining ½ cup pasta sauce and place in the oven. Bake for 15 minutes. Top with the cheeses and bake an additional 10-15 minutes or until the zucchini is soft and the cheese is bubbly.
  4. Season to taste with salt, pepper, and red pepper flakes. Serve warm.
- EXPERT TIP:** Make a sail for your boat: Cut a long raw carrot stick so that it is pointed at one end and has a cut 1-2" long lengthwise down the middle at the other end. Carefully slide a chard or kale leave into the slit at the top to mount your sail then stick it into one end of a zucchini boat.

● Gluten-free



# ZUCCHINI BROWNIES

16 BROWNIES

## INGREDIENTS

- 1 ½ cups zucchini, cut into small chunks
  - 3 Tbsp butter, melted
  - 3 large eggs
  - 1 tsp vanilla extract
  - ½ cup sugar
  - ⅔ cup unsweetened cocoa powder
  - ½ tsp baking powder
  - ¼ tsp table salt
  - ½ cup all-purpose flour
  - ½ tsp espresso powder (optional - enhances chocolate flavor)
  - ¼ cup semisweet or bittersweet chocolate chips
- Frosting**
- ¼ cup semisweet or bittersweet chocolate chips
  - 3 Tbsp cream or milk

## DIRECTIONS

1. Preheat your oven to 350°F. Lightly grease a 9" square pan.
2. Combine the zucchini, melted butter, eggs, and vanilla in a food processor (or a tall plastic bowl/pitcher for using an immersion blender), and process until smooth.
3. Add the sugar, cocoa powder, espresso powder, baking powder, salt, and flour, chocolate chips; process briefly, just until well combined and to break up the chips just a bit.
4. Pour the batter into the prepared pan. Bake the brownies for 25 to 30 minutes, until a toothpick inserted into the center comes out clean, or with a few moist crumbs clinging to it; you shouldn't see any sign of wet batter. Remove the brownies from the oven, and allow them to cool completely before frosting.
5. **Make the frosting:** Combine the chocolate chips and milk or cream in a microwave-safe bowl or small saucepan. Heat until the milk is steaming, and the chips are soft. Remove from the heat, and stir until smooth.
6. Spread the frosting atop the brownies. Place them in the refrigerator for an hour or so, to set; then store them at room temperature, covered, for several days.

● Vegetarian



<https://mountainwise.org/producerx/>



# ZUCCHINI FRITTERS

4 SERVINGS

## INGREDIENTS

- 2 small zucchini
- 4 scallions, minced
- ¼ cup chopped parsley
- ¼ cup chopped dill
- 1 large egg, beaten
- ¾ cup grated Parmesan cheese
- ¼ cup all-purpose flour
- Olive oil, for frying

## DIRECTIONS

1. Grate the zucchini into a colander; toss with 2 tsp of salt. Let drain for 10 minutes, then squeeze handfuls of zucchini to remove the liquid.
2. In a bowl, mix the zucchini, scallions, parsley, dill, egg, Parmesan and flour.
3. Heat a thin layer of olive oil in a pan over medium heat. Drop spoonfuls of the zucchini batter into the skillet and pan-fry, flattening with a spatula, until golden-brown in spots, 3 to 4 minutes per side. Drain on paper towels and season with salt. Serve warm with salsa and sour cream or condiments of choice.

**TIP:** Make a bulk batch of these and freeze in an airtight bag/container between pieces of wax paper or parchment paper. Heat up in a toaster oven or in a skillet.

● Vegetarian



# SALSA

2-3 CUPS

## INGREDIENTS

- 1 lb (about 6 medium) ripe tomatoes, roughly chopped
- 1 jalapeño pepper, destemmed (and seeds removed if you prefer less spiciness)
- 2 cloves garlic, minced
- ½ white onion, roughly chopped
- 1 cup packed cilantro leaves
- 2 Tbsp (about 1 lime) lime juice

## DIRECTIONS

1. Add all ingredients and a pinch of salt to a blender, food processor, or bowl for immersion blending.
2. Pulse until salsa is blended to your liking - chunky, a little chunky, or smooth. If you accidentally over-blend your salsa and it becomes too watery, strain out some of the liquid until it's just right.
3. Taste and season with more salt, if necessary.
4. Store in the fridge in an airtight container for up to two weeks.



● Vegetarian ● Vegan ● Gluten-free ● Dairy-free